

PRACTICAL INFORMATION

Natural Mindfulness Retreat with Ian Banyard

Fri, Nov 29 – Sun Dec 1, 2019

Footwear - Walking in Nature means being prepared for varied landscapes and changeable weather conditions. Safety and your comfort are the key consideration. Bring outdoor footwear preferably waterproof with good tread and some slippers/socks for indoors.

Clothing - The temperature and conditions during a nature walk can change quickly and so appropriate layers of clothing are recommended based on the local forecasts. Waterproofs, if wet weather is forecast. During winter months, good socks and gloves are advisable as you will be walking more slowly than usual and stopping at regular intervals to do exercises.

Focus - Adopting a specific intention to connect with Nature and yourself in a healing way is an important element of a Natural Mindfulness retreat. This weekend is designed to help you cultivate presence, opening all the senses and actively communicating with the landscape.

Patience - Resist the urge to rush. The primary goal is not exercise or physical exertion. It's not about how far you can travel, or how quickly. The weekend is more about being present and enjoying the journey. Walking mindfully in Nature helps us to slow down our busy lives and open the senses, allowing the natural world to penetrate our consciousness more deeply.

Mindfulness – There are no experts in Natural Mindfulness. There is nothing to learn. You simply remember. Generously give your attention and carry out each experience, or series of experiences as guided. Notice when your mind drifts or becomes distracted and gently bring your attention back to the present moment with kindness. It's as simple as that.